

# **Physical Education**

General Certificate of Secondary Education **B453**

Developing Knowledge in Physical Education

## **Mark Scheme for June 2010**

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All Examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the Report on the Examination.

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<b>Section A – Multiple choice</b>			
<b>Question Number</b>	<b>Expected Answer</b>	<b>Marks</b>	<b>Rationale/Additional Guidance</b>
1	<p><b>Which one of the following is a role of the school in promoting an active, healthy lifestyle?</b></p> <p>(a) Running health awareness programmes</p>	[1]	<p>For all multi choice questions from 1-15 accept any written indication of the answer eg circle/tick/cross out and then tick etc. If two or more indicated then no marks but give BOD if not completely clear.</p>
2	<p><b>Which one of the following is an example of a national governing body?</b></p> <p>(c) Lawn Tennis Association</p>	[1]	
3	<p><b>Which one of the following is a positive effect of sponsorship on participation in physical activities?</b></p> <p>(c) More funds available to purchase equipment</p>	[1]	
4	<p><b>Which one of the following best describes the frequency element of the FITT principle of training?</b></p> <p>(d) How many times a week you exercise</p>	[1]	

<b>Section A – Multiple choice</b>			
<b>Question Number</b>	<b>Expected Answer</b>	<b>Marks</b>	<b>Rationale/Additional Guidance</b>
5	Which one of the following is <u>not</u> a hazard found on a grass playing field?  (c) Concussion	[1]	For all multi choice questions from 1-15 accept any written indication of the answer eg circle/tick/cross out and then tick etc. If two or more indicated then no marks but give BOD if not completely clear.
6	Which one of the following training methods is mostly aerobic?  (c) Continuous training	[1]	
7	Which one of the following precautions would you take to minimise the risk of injury in a sports hall?  (a) Check that the equipment is well maintained	[1]	
8	Which one of the following is an effective personal hygiene method to avoid minor infections following exercise?  (c) Wash and dry your feet after exercise	[1]	

Section A – Multiple choice			
Question Number	Expected Answer	Marks	Rationale/Additional Guidance
9	<p><b>There are many long term effects of exercise and training on the body. Which one of the following is a long term effect on the heart?</b></p> <p>(a) Increase in stroke volume</p>	[1]	For all multi choice questions from 1-15 accept any written indication of the answer eg circle/tick/cross out and then tick etc. If two or more indicated then no marks but give BOD if not completely clear.
10	<p><b>Mental preparation is important when participating in physical activity. Which one of the following best describes the purpose of mental preparation for a young person who is exercising to keep <u>generally</u> fit?</b></p> <p>(b) To concentrate effort and forget about stressful events</p>	[1]	
11	<p><b>What value is cartilage in trying to maintain an active, healthy lifestyle?</b></p> <p>(a) Protect bones from wear and tear</p>	[1]	
12	<p><b>Which one of the following is an intrinsic motive for participating in the role of a leader in a physical activity?</b></p> <p>(d) To enjoy leading a physical activity session</p>	[1]	

<b>Section A – Multiple choice</b>			
<b>Question Number</b>	<b>Expected Answer</b>	<b>Marks</b>	<b>Rationale/Additional Guidance</b>
13	<p>Which one of the following is the <u>least</u> effective way to learn physical activity skills?</p> <p>(d) Reading a coaching manual</p>	[1]	For all multi choice questions from 1-15 accept any written indication of the answer eg circle/tick/cross out and then tick etc. If two or more indicated then no marks but give BOD if not completely clear.
14	<p>Which one of the following is the best example of how knowledge of results can motivate a young person?</p> <p>(a) To show a young person that they have run a distance quicker than they have before</p>	[1]	
15	<p>Which one of the following best describes the vascular shunt mechanism?</p> <p>(b) The redistribution of blood during exercise</p>	[1]	
<b>Total</b>		<b>[15]</b>	

Section B – Short Answer Questions			
Question Number	Expected Answer	Marks	Rationale/Additional Guidance
16	<p><b>Describe how the British Olympic Association might help you if you were an Olympic athlete.</b></p> <p><b>Three marks max. One mark for each correct response</b></p> <p>1 The BOA selects Team GB/select the best</p> <p>2 Helps prepare and acclimatise before the Olympics</p> <p>3 Organises visits to the host city prior to the Olympic Games</p> <p>4 Has an (exclusive) preparation camp</p> <p>5 With the (best) facilities for Team GB/places to stay</p> <p>6 Provide some (top class) equipment/kit</p> <p>7 Provides (top-class) facilities at the British Olympic Training Centre/places to train (Austria)</p> <p>8 Runs programmes which assist athletes throughout their training</p> <p>9 Help with funding/providing discounts at national and local sports centres</p> <p>10 Helping athletes find jobs (which fit around their training and competition)</p> <p>11 Help with travel</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p><b>[3]</b></p>	<p><b>Do not accept:</b></p> <p><b>- Sponsorship.</b></p>





<b>Section B – Short Answer Questions</b>			
<b>Question Number</b>	<b>Expected Answer</b>	<b>Marks</b>	<b>Rationale/Additional Guidance</b>
18	<b>Other than frequency, what are the other components of the FITT principle?</b>  <b>Three marks for:</b> 1 Intensity 2 Time 3 Type 4 Tedium	1 1 1 1 <b>[3]</b>	



<b>Section B – Short Answer Questions</b>			
<b>Question Number</b>	<b>Expected Answer</b>	<b>Marks</b>	<b>Rationale/Additional Guidance</b>
	16 Practical example, eg being focused in basketball will enable you to react quickly to referee decisions	1	
	17 More likely to show etiquette which may lead to less stress	1	
	18 Practical example, eg in golf letting someone through who may be a quicker player	1	
	19 Official shows no favouritism therefore less likely for player stress	1	
	20 Practical example, eg a hockey umpire will not get involved in arguments and therefore player/officials feel less stressed	1	
	21 Mental rehearsal/imagery/to imagine success	1	
	22 Practical example a gymnast imagines a successful floor routine	1	
		<b>[4]</b>	

Section B – Short Answer Questions			
Question Number	Expected Answer	Marks	Rationale/Additional Guidance
20	<p>Identify <b>two</b> major muscle groups of the upper body that are used when performing a standing throw of a ball. Explain how an active lifestyle can keep muscles healthy.</p> <p><b>Five marks available.</b></p> <p><b>Two marks max for: (mark first two only)</b></p> <p>1 Deltoids 2 Trapezius 3 Latissimus Dorsi 4 Pectorals 5 Biceps 6 Triceps 7 Abdominals</p> <p>Accept other relevant muscle groups</p> <p><b>Three marks max for: (explain how activity can keep muscles healthy)</b></p> <p>8 Makes them stronger/more powerful 9 Bigger/hypertrophy/more toned 10 Less likely to strain/injury 11 Good blood/oxygen supply 12 Increase tolerance to lactic acid/tire less easily 13 Can keep going/helps (muscular) endurance</p>	<p>1 1 1 1 1 1 1</p> <p>1 1 1 1 1 1</p> <p><b>[5]</b></p>	<p>Mark first two only for the muscle groups.</p> <p><b>Do not accept:</b> - Voluntary and involuntary muscles.</p>

Section B – Short Answer Questions			
Question Number	Expected Answer	Marks	Rationale/Additional Guidance
21	<p><b>Why is lactic acid produced in our muscles? Briefly describe the effects of lactic acid.</b></p> <p><b>Four marks max. One mark for each correct response.</b></p> <p><b>Two marks max for:</b></p> <p>1 Produced because of lack of oxygen</p> <p>2 After prolonged/hard high intensity exercise/overworked/working too hard</p> <p><b>Three marks max for:</b></p> <p>3 Causes fatigue/tiredness</p> <p>4 May cause us to stop</p> <p>5 Performer has to slow down/decreases effectiveness</p> <p>6 Can hurt/painful/aches/soreness</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p><b>[4]</b></p>	<p><b>Do not accept:</b></p> <p>- Cramp for effects (point 6).</p>



Section B – Short Answer Questions			
Question Number	Expected Answer	Marks	Rationale/Additional Guidance
23	<p><b>Describe the main functions of the skeletal system that keep the body healthy and active.</b></p> <p><b>Five marks max. One mark for each correct response.</b></p> <p>1 Shape/support</p> <p>2 Eg to give correct posture/supporting muscular system</p> <p>3 Blood cell (red) production</p> <p>4 Eg to enable us to have energy</p> <p>5 Mineral production/store</p> <p>6 Eg to keep us fit and healthy/body needs to be healthy</p> <p>7 Protection</p> <p>8 Eg to protect internal organs</p> <p>9 To be able to move/keep moving/being mobile</p> <p>10 Eg to be able to participate in physical exercise/acts as muscle attachment</p> <p>11 Leverage</p> <p>12 Eg to be able to make strong/effective movements</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p><b>[5]</b></p>	<p>If no examples / descriptions then 2 marks max.</p>

<b>Section B – Short Answer Questions</b>			
<b>Question Number</b>	<b>Expected Answer</b>	<b>Marks</b>	<b>Rationale/Additional Guidance</b>
24	<p>Research indicates that most people have good intentions to exercise and to keep healthy and often start on a healthy programme, but as with New Year’s resolutions, they soon give up.</p> <p>Explain how you might help a young person stick to their exercise and healthy lifestyle programme and not give up too readily.</p> <p><b>Five marks max. One mark for each correct response</b></p> <ol style="list-style-type: none"> <li>1 Set goals</li> <li>2 Encourage/praise/motivate</li> <li>3 Educate about the benefits of the programme</li> <li>4 Join others/friends to do the programme/join a club</li> <li>5 Show others who have stuck to it and benefitted/role models</li> <li>6 Show previous success/recognition of past success/recognising success</li> <li>7 Give reward for progress/extrinsic reward</li> <li>8 Give goals that are specific/short term goals/a little at a time</li> <li>9 Measure/record their progress/let them know how they are doing</li> <li>10 Make goals achievable/realistic/within their reach/don’t be too ambitious</li> <li>11 Ensure there is time available/good time management</li> <li>12 Make the activity/healthy eating enjoyable/exciting/their favourite activities/foods/vary the activities/foods</li> <li>13 Show negative consequences of not following the programme</li> <li>14 Punish by withdrawal of privileges</li> </ol>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p><b>[5]</b></p>	<p>If just SMART words identified then 3 marks max.</p>



Section B – Short Answer Questions			
Question Number	Expected Answer	Marks	Rationale/Additional Guidance
25 *	<p><b>Explain how the media influences those who participate in physical activities.</b></p> <p><b>Levels marked question</b></p> <p><b>Level 1 (1-2 marks)</b> Candidates make only one or two valid points about the media influences and describes, rather than explains, and only very superficially. Few links are made with participation. There is little or no use of technical vocabulary and sentences have limited coherence and structure. There is much irrelevant material. Errors in grammar, punctuation and spelling may be noticeable and intrusive.</p> <p><b>Level 2 (3-4 marks)</b> Candidates make a few valid points about media influences and demonstrate good knowledge and understanding. Good links are made with participation. There is some use of technical vocabulary and sentences for the most part are relevant and coherent. There are occasional errors in grammar, punctuation and spelling.</p> <p><b>Level 3 (5-6 marks)</b> Candidates make several developed points about media influences and these are fully explained possibly with advantages and disadvantages. Excellent links made with participation. Candidates demonstrate excellent knowledge and understanding of the factors involved. Candidates give relevant material that is clearly structured and using appropriate terminology and technical vocabulary. There are few if any errors in grammar, punctuation and spelling.</p>		<p>The following are <b>GUIDELINES ONLY</b>. Refer to Level descriptors at all times.</p> <p>Tick each point found in the indicative content.</p> <p><b><u>However the number of ticks on their own do not indicate the level.</u></b></p> <p>View the number of ticks/points:</p> <p><b>Level 1</b></p> <ul style="list-style-type: none"> <li>• 1 tick to get into Level 1</li> <li>• Must have <u>explanation</u> (rather than identifying isolated points) to lift from level 1</li> </ul> <p><b>Level 2</b></p> <ul style="list-style-type: none"> <li>• 3 ticks to get into Level 2</li> <li>• Some technical vocabulary in this level</li> </ul> <p><b>Level 3</b></p> <ul style="list-style-type: none"> <li>• 5 ticks to get into Level 3</li> <li>• A <u>few</u> technical/spelling mistakes are acceptable for top level</li> <li>• Both positive and negative aspects are likely to be represented</li> </ul>

Section B – Short Answer Questions			
Question Number	Question Number	Question Number	Question Number
25 * continued	<p><b>Indicative content</b></p> <ol style="list-style-type: none"> <li>1 Wide/intense/regular coverage of sport on TV</li> <li>2 Internet/web-sites encourages interest and therefore participation</li> <li>3 Press/written media extensive coverage</li> <li>4 Encourages general interest in sport/physical activities/exercise</li> <li>5 Gives ideas about new/novel activities</li> <li>6 Promotes/educates about benefits to health/well being</li> <li>7 Show consequences of low activity levels</li> <li>8 Can inform about how to participate</li> <li>9 Can inform about where to participate</li> <li>10 Entertains and therefore attracts participation (Wimbledon and tennis)</li> <li>11 Media attracts sponsorship/funding to clubs/individuals that may then encourage more participation</li> <li>12 Can lead to rule changes</li> <li>13 Leading to advertising linking products with active living/draws attention to activity (via product)</li> <li>14 Activity can be perceived as fashionable/cool thing to do/raise status</li> <li>15 Media can attract funds for facilities/equipment participation can give prizes</li> <li>16 Shows successful sportspeople that inspires others to participate in different ways/role models</li> </ol> <p><b>Negative aspects:</b></p> <ol style="list-style-type: none"> <li>17 Negative view that media may link activity to undesirable factors for some people/alcohol/competitiveness etc</li> <li>18 The availability of media may stop people participating in sport/making couch potatoes</li> <li>19 Can give activities a bad name/make it seem dangerous</li> <li>20 Coverage can be limiting/only some sports represented</li> <li>21 Over-emphasis on male/able bodied sport</li> <li>22 Can encourage aggression</li> <li>23 Can encourage nationalism/prejudice/jingoism</li> <li>24 Can lead to events being on at different times/days-affecting participation</li> </ol>		
	<b>Total</b>	<b>[6]</b>	
	<b>Paper Total</b>	<b>[45]</b>	
		<b>[60]</b>	

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